

Health Promotion, Disease Prevention

It's In Your Hands



Hands down, the best way to prevent the spread of germs is by washing your hands frequently and thoroughly.

Protect yourself and the health of others - wash your hands.



When to wash?

- After using the restroom
- Before eating or handling food
- After coughing or sneezing
- When caring for infants or someone who is ill
- After playing with pets
- After taking out the trash

Prevention is at your fingertips:



Wet hands with warm water



Apply soap and lather well



Rub hands together vigorously



Scrub for 20 seconds

(try humming Happy Birthday twice)



Rinse completely



Dry thoroughly with clean towel



Use towel to turn off faucet and open bathroom door



For more information on easy health promotion tips from the Health Department, please check out our website at:

<http://www.ci.baltimore.md.us/government/health/healthtips.html>

